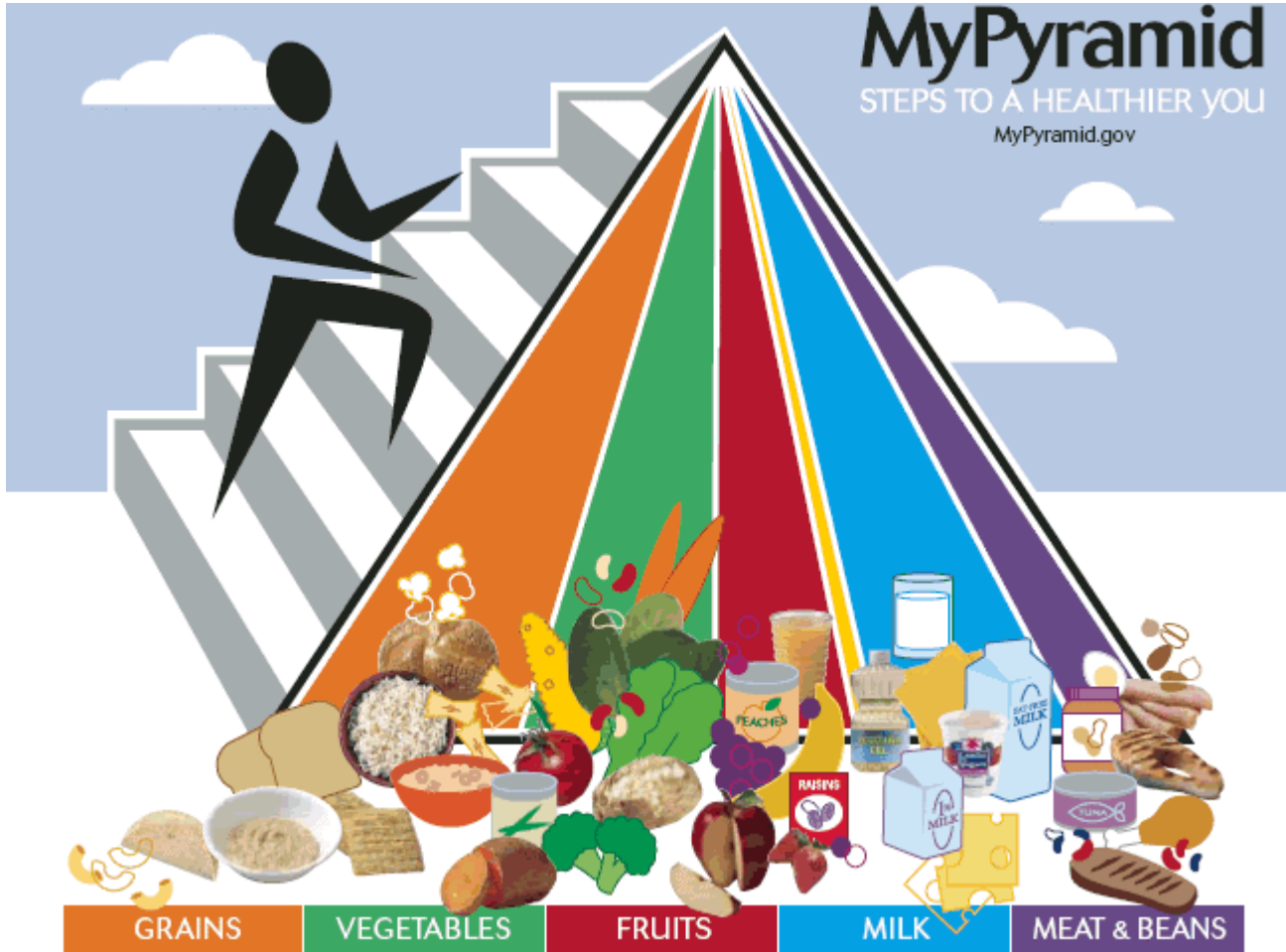


BREAKFAST MENU AND PRODUCTION PLAN



SCHOOL NAME: _____

SCHOOL DISTRICT: _____

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GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5½ oz. every day
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Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
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CNPP-15



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MENU PLANNING IN THE SCHOOL BREAKFAST PROGRAM

School meals are intended to "safeguard the health and well-being of the Nation's children." Participating schools must serve breakfasts that are consistent with the applicable recommendations of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables and fruits; choose a diet moderate in sugars and salt; and choose a diet with 30% or less of calories from fat and less than 10% of calories from saturated fat. In addition, breakfasts must provide, on average over each school week, at least 1/4th of the daily Recommended Dietary Allowances for protein, iron, calcium, and vitamins A and C. To provide local food service professionals with flexibility, there are five menu planning approaches to plan healthful and appealing meals. Schools choose one of the approaches below. The choice of what specific foods are served and how they are prepared and presented are made by local schools.

The Traditional Food-Based Menu Planning Approach

Under the Traditional Food-Based Menu Planning Approach, schools must comply with specific component and quantity requirements by offering four food items from the following food components: vegetables and/or fruits; milk; and two servings of meat/meat alternate, two servings of grains/breads OR one serving of each of these components. Minimum portion sizes are established by ages and grade groups.

(See chart on following page)

TRADITIONAL FOOD-BASED MENU PLANNING APPROACH-MEAL PATTERN FOR BREAKFASTS			
FOOD COMPONENTS AND FOOD ITEMS	AGES 1-2	AGES 3,4 AND 5	GRADES K-12
MILK (fluid) (as a beverage, on cereal or both)	4 fluid ounces	6 fluid ounces	8 fluid ounces
JUICE/FRUIT/VEGETABLE: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS, TWO FROM ONE COMPONENT, OR AN EQUIVALENT COMBINATION: GRAINS/BREADS : Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin, etc. Whole-grain, enriched or fortified cereal MEAT OR MEAT ALTERNATES: Meat/poultry or fish Alternate protein products ¹ Cheese Large egg Peanut butter or other nut or seed butters Cooked dry beans and peas Nuts and/or seeds (as listed in program guidance) ² Yogurt, plain or flavored, unsweetened or sweetened	½ slice ½ serving ¼ cup or 1/3 ounce ½ ounce ½ ounce ½ ounce ½ 1 tablespoon 2 tablespoons ½ ounce 2 ounces or ¼ cup	½ slice ½ serving 1/3 cup or ½ ounce ½ ounce ½ ounce ½ 1 tablespoon 2 tablespoons ½ ounce 2 ounces or ¼ cup	1 slice 1 serving ¾ cup or 1 ounce 1 ounce 1 ounce ½ 2 tablespoons 4 tablespoons 1 ounce 4 ounces or ½ cup

¹ Must meet the requirements in appendix A of 7 CFR 210.

² No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

The Traditional Food-Based Menu Planning Approach is designed to meet nutritional standards set forth in program regulations.

The Enhanced Food-Based Menu Planning Approach

The Enhanced Food-Based Menu Planning Approach uses the same meal pattern and age groups as the Traditional Food-Based Menu Planning Approach. The only difference is the addition of an optional age/grade group was added for grades 7-12 to better meet the needs of children in that crucial growth period by adding low fat calories from additional servings of grains/breads.

ENHANCED FOOD-BASED MENU PLANNING APPROACH-MEAL PATTERN FOR BREAKFASTS				
FOOD COMPONENTS AND FOOD ITEMS	REQUIRED FOR			OPTION FOR
	AGES 1-2	PRESCHOOL	GRADES K-12	GRADES 7-12
Milk (fluid) (as a beverage, on cereal or both)	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
JUICE/FRUIT/VEGETABLE: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup	½ cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS, TWO FROM ONE COMPONENT OR AN EQUIVALENT COMBINATION:				
GRAINS/BREADS:				
Whole-grain or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	½ serving	½ serving	1 serving	1 serving
Whole-grain, enriched or fortified cereal	¼ cup or 1/3 ounce	1/3 cup or ½ ounce	¾ cup or 1 ounce	¾ cup or 1 ounce plus an additional serving of one of the Grains/Breads above.
MEAT OR MEAT ALTERNATES:				
Meat/poultry or fish	½ ounce	½ ounce	1 ounce	1 ounce
Alternate protein products ¹	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Peanut butter or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons	2 tablespoons
Cooked dry beans and peas	2 tablespoons	2 tablespoons	4 tablespoons	4 tablespoons
Nuts and/or seeds (as listed in program guidance) ²	½ ounce	½ ounce	1 ounce	1 ounce
Yogurt, plain or flavored, unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup

¹ Must meet the requirements in appendix A of 7 CFR 210.

² No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

The Enhanced Food Based Menu Planning Approach is designed to meet the nutritional standards set forth in program regulations.

The Nutrient Standard Menu Planning Approach

Nutrient Standard Menu Planning (sometimes called “NuMenus”) is a computer based menu planning system that uses approved computer software to analyze the specific nutrient content of menu items automatically while menus are being planned. It is designed to assist menu planners in choosing food items that create nutritious meals and meet the nutrient standards.

The Assisted Nutrient Standard Menu Planning

Assisted Nutrient Standard Menu Planning (sometimes called “Assisted NuMenus”) is a variation of Nutrient Standard Menu Planning. It is for schools that lack the technical resources to conduct nutrient analysis themselves. Instead, schools have an outside source, such as another school district, State agency or a consultant, plan and analyze a menu based on local needs and preferences. The outside source also provides schools with recipes and product specifications to support the menus. The menus and analyses are periodically updated to reflect any changes in the menu or student selection patterns.

Here are the required minimums for nutrients and calories for these nutrient standard menu planning approaches:

MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFASTS NUTRIENT STANDARD MENU PLANNING APPROACHES (SCHOOL WEEK AVERAGES)			
NUTRIENTS AND ENERGY ALLOWANCES	MINIMUM REQUIREMENTS		OPTIONAL
	PRESCHOOL	GRADES K-12	GRADES 7-12
Energy allowances (calories)	388	554	618
Total fat (as a percentage of actual total food energy)	¹	^{1,2}	²
Saturated fat (as a percentage of actual total food energy)	¹	^{1,3}	³
RDA for protein (g)	5	10	12
RDA for calcium (mg)	200	257	300
RDA for iron (mg)	2.5	3	3.4
RDA for Vitamin A (RE)	113	197	225
RDA for Vitamin C (mg)	11	13	14

¹ The Dietary Guidelines recommend that after 2 years of age “...children should gradually adopt a diet that, by about 5 years of age, contains no more than 30 percent of calories from fat.”

² Not to exceed 30 percent over a school week

³ Less than 10 percent over a school week

Any Reasonable Menu Planning Approach

This menu planning approach allows states and school districts to develop their own innovative approaches to menu planning, subject to the guidelines established in our regulations. These guidelines protect the nutritional and fiscal integrity of the program.

FOOD BASED MENU SYSTEM

BREAKFAST

Minimum Quantities

At a minimum, schools shall serve meals in the quantities provided in the following chart:

Meal Component	Ages 1-2	Preschool	Grades K-12	Options for Grades 7-12
1 Milk	½ cup	¾ cup	8 ounces	8 ounces
Meat/meat Alternate Grains and Breads	½ ounce PLUS ½ serving each of grains/breads and meat/meat alternate (½ ounce) OR 2 grains/breads OR 2 meat/meat alternate (1 ounce)	½ ounce PLUS ½ serving each of grains/breads and meat/meat alternate (½ ounce) OR 2 grains/breads OR 2 meat/meat alternate (1 ounce)	1 ounce PLUS 1 serving each of grains/breads and meat/meat alternate (1 ounce) OR 2 grains/breads OR 2 meat/meat alternate (2 ounces)	1 ounce PLUS 1 serving each of grains/breads and meat/meat alternate (1 ounce) OR 2 grains/breads OR 2 meat/meat alternate (2 ounces) PLUS additional 1 ounce per day of grains/breads
2 Vegetables/Fruits	¼ cup	½ cup	½ cup	½ cup

1 A SERVING OF FLUID MILK SERVED AS A BEVERAGE OR ON CEREAL OR USED IN PART FOR EACH PURPOSE

2 A SERVING OF FRUITS OR VEGETABLES OR BOTH, OR FULL-STRENGTH FRUIT OR VEGETABLE JUICE

CALORIE AND NUTRIENT LEVELS

At a minimum, schools shall serve meals in the quantities provided in the following chart:

	Preschool	Grades K-12	Grades 7-12 Option
Energy Allowances (Calories)	388	554	618
Total Fat (As a Percentage of Actual Total Food Energy) 1			
Total Saturated Fat (As a Percentage of Actual Total Food Energy) 2			
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14

1 NOT TO EXCEED 30% OVER A SCHOOL WEEK

2 NOT TO EXCEED 10% OVER A SCHOOL WEEK

FCS Instruction 783.1 Rev 2: Exhibit A
GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES
IN THE CHILD NUTRITION PROGRAMS^{1, 2}

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells 	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies³ (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

¹The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

²Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

⁴Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

Group D	Minimum Serving Size for Group D
<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Granola bars⁴ (plain) • Muffins (all, except corn) • Sweet rolls⁴ (unfrosted) • Toaster pastries⁴ (unfrosted) 	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	Minimum Serving Size for Group E
<ul style="list-style-type: none"> • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars⁴ • Granola bars⁴ (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls⁴ (frosted) • Toaster pastries⁴ (frosted) 	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Minimum Serving Size for Group F
<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ 	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Minimum Serving Size for Group G
<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) 	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)^{5, 6} • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) 	1 serving = 1/2 cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)^{5, 6} 	1 serving = 3/4 cup or 1 oz, whichever is less

³Allowed only for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

⁴Allowed for desserts under the enhanced food-based menu planning alternative specified in 7CFR Part 210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

⁵Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶Cereals may be whole-grain, enriched, or fortified.

What's for Breakfast?

Breakfasts offered to students must contain:

- 4 food items;
- from 3 or 4 food components;
- in at least the minimum serving sizes for the appropriate age/grade group.

The breakfast food components are:

- Milk
 - Juice/Fruit/Vegetable (V/F)
 - Grains/Breads (G/B)
- AND/OR
- Meat/Meat Alternate (M/MA)

The 4 breakfast food items are:

- | | |
|--------------|--|
| 1 | 1 serving of milk |
| 2 | 1 serving of juice/fruit/vegetable |
| 3 | 2 servings of grains/breads (G/B) |
| & | OR 2 servings of meat/meat alternate (M/MA) |
| 4 | OR 1 serving G/B and 1 serving M/MA |
| | OR An equivalent combination of M/MA and G/B |

Age/grade groups established for breakfast:

- Ages 1-2
- Preschool (ages 3-4)
- Grades K-12

BREAKFAST MENU AND PRODUCTION PLAN

1 Date: 5/23/2005		2 Offer Versus Serve: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No		3 Total Reimbursement Meals		200	
Components	4 Food Items	5 Recipe # / CN Label/FBG	6 Planned # / Portion Size	7 Amount Prepared (Food Used)	8 Extra Sales	9 Comments +/-, Wasted	
Milk	1/2 Pints Available				10		
Vegetables/Fruits	Chilled Mixed Fruit (Fruit Cocktail)	FBG 23.45 1/2 cup	280/1/2 c.	12/#10			
Bread and Grains	Biscuit	#B - 2	250/2 oz	250			
Meat/Meat Alternate	Sausage Patty	CN 20x IPP	250/1 oz Cooked	250			
Other Foods	Honey	1 oz. IPP	200/1 oz. IPP	200			
10 Non reimbursable Meals Served and Extra Food Sold:							
Extra Milk		Adult Misc. Meals		8			
Extra Sales (Menu Items)		Non Revenue Meals		5			
Extra Sales (Non-Menu Item)		TOTAL A LA Carte		23			

BREAKFAST MENU AND PRODUCTION PLAN

1 Date: 5/24/2005		2 Offer Versus Serve:		x Yes		Planned # /		3 Total Reimbursement Meals		Comments +/-, Wasted	
Components		4 Food Items	5 Recipe # / CN Label / FBG	6	Portion Size	7	Amount Prepared (Food Used)	8 Sales	9		
Milk	1/2 pts Available							6			
Vegetables/Fruits	Hash Browns		4 oz. IPP		350/1/2 c.		350	15			
Bread and Grains	Toast (White/Wheat)		#B - 30		350/1 oz slice		350			Gave 35 seconds	
Meat/Meat Alternate	Scrambled Eggs		Large Egg		360/2 oz		30 doz 360 eggs	40			
Other Foods	Jelly		5 oz. IPP		250/.5 oz		300				
10 Non reimbursable Meals Served and Extra Food Sold:											
Extra Milk		6		Adult Misc. Meals		10					
Extra Sales (Menu Items)		55		Non Revenue Meals		5					
Extra Sales (Non-Menu Items)				TOTAL A LA Carte		76					

BREAKFAST MENU AND PRODUCTION PLAN

1 Date: 5/25/2005		2 Offer Versus Serve:		3 Total Reimbursement Meals		4 Food Items		5 Recipe # / CN Label / FBG		6 Planned # / Portion Size		7 Amount Prepared (Food Used)		8 Extra Sales		9 Comments +/-, Wasted		200
Components																		
Milk		1/2 pts Available													5			
Vegetables/Fruits		100% Orange Juice		4 oz IPP						175 1/2 c.		200						
Bread and Grains		Cinnamon Rolls		#B - 15						250 2.2 oz		250		2		30 LO freeze		
Meat/Meat Alternate		Scrambled Eggs		2oz IPP/Egg Patty						225/2oz		225						
Other Foods																		

10 Non reimbursable Meals Served and Extra Food Sold:

Extra Milk	5	Adult Misc. Meals	8
Extra Sales (Menu Items)	2	Non Revenue Meals	3
Extra Sales (Non-Menu Item)		TOTAL A LA Carte	18

BREAKFAST MENU AND PRODUCTION PLAN

1 Date: 5/26/2005		2 Offer Versus Serve:		3 Total Reimbursement Meals		300	
		Recipe # / CN Label / FBG		Planned # / Portion Size		Amount Prepared (Food Used)	
4 Food Items		5		6		8 Sales	
Components						Extra Sales	
						9	
						Comments +/- Wasted	
Milk	1/2 pts Available						
Vegetables/Fruits	Banana	100 ct. IPP	300 1/2 c.	275			
Bread and Grains	Pancakes	CN 1.1oz IPP	300/1.1 oz slice	320			
Meat/Meat Alternate	Sausage Patty	CN 2oz IPP	300/1 oz	320			
Other Foods	Syrup	1 oz. IPP	300/1 oz	310			
10 Non reimbursable Meals Served and Extra Food Sold:							
Extra Milk		Adult Misc. Meals		5			
Extra Sales (Menu Items)		Non Revenue Meals		5			
Extra Sales (Non-Menu Items)		TOTAL A LA Carte		10			

BREAKFAST PRODUCTION PLAN

Date: Offer versus Serve YES NO

Menu

Meal Components	Food Items	Yield From FBG/CN/ Recipe#	Planned # / Portion size		Amount Prepared (Food Used)	Extra Sales	Comments (+/-) Wasted
			GRIII	GRIV			
Milk 1/2 Pint		1/2 pts Available					
MEAT/MEAT ALTERNATE							
VEG./FRUITS							
BREAD and GRAINS							
OTHER FOODS							
TOTAL FOOD VALUE							

Reimbursable Meals Served

GR II (K-3)
GR IV (4-12)

Total reimbursable
Meals

0

None-reimbursable meals served and extra food sold:

Extra Milk

Extra Sales (Menu Items)

Extra Sales (Non-menu Items)

*Adult/Misc./Meals

*Non-revenue Meals

=

0

Total Meals
Served

TOTAL A LA Carte

0

BREAKFAST MENU AND PRODUCTION PLAN

1 Date:		2 Offer Versus Serve:		Yes	No	3 Total Reimbursement Meals		
Components	4 Food Items	5 Recipe # / CN Label / FBG	6 Planned # / Portion Size	7	8 Amount Prepared (Food Used)	9 Extra Sales	10 Comments +/-, Wasted	
Milk	1/2 pts Available							
Vegetables/Fruits								
Bread and Grains								
Meat/Meat Alternate								
Other Foods								
10 Non reimbursable Meals Served and Extra Food Sold:								
Extra Milk		Adult Misc. Meals						
Extra Sales (Menu Items)		Non Revenue Meals						
Extra Sales (Non-Menu Items)		TOTAL A LA Carte			0			

BREAKFAST MENU AND PRODUCTION PLAN

1 Date:	2 Offer Versus Serve:		Yes	No	3 Total Reimbursement Meals
Menu:					

Components	4 Food Items 1/2 pts Available	5 Recipe # / CN Label / FBG	6 Planned # / Portion Size	7 Amount Prepared (Food Used)	8 Extra Sales	9 Comments +/- Wasted
Milk						
Vegetables/Fruits						
Bread and Grains						
Meat/Meat Alternate						
Other Foods						

10 Non reimbursable Meals Served and Extra Food Sold:

Extra Milk		Adult Misc. Meals	
Extra Sales (Menu Items)		Non Revenue Meals	
Extra Sales (Non-Menu Items)		TOTAL Ala Carte	0

BREAKFAST MENU AND PRODUCTION PLAN

1 Date:										2 Offer Versus Serve:		Yes	No	3 Total Reimbursement Meals			Comments +/-	
Components		4	Food Items	5	Recipe # / CN Label / FBG	6	Planned # / Portion Size	7	Amount Prepared (Food Used)	8	Extra Sales	9	Wasted					
Milk			1/2 pts Available															
Vegetables/Fruits																		
Bread and Grains																		
Meat/Meat Alternate																		
Other Foods																		
10 Non reimbursable Meals Served and Extra Food Sold:																		
Extra Milk				Adult Misc. Meals														
Extra Sales (Menu Items)				Non Revenue Meals														
Extra Sales (Non-Menu Items)				TOTAL A LA Carte										0				

BREAKFAST MENU AND PRODUCTION PLAN

1 Date:		2 Offer Versus Serve:		No	3 Total Reimbursement Meals
				Yes	

Menu:	
ALA CARTE SALES	

Food		Amt	Price	Total		PLANNED	ACTUAL
				\$0.00	Students		
				\$0.00	Adults		
				\$0.00	Non-Revenue		
				\$0.00	TOTAL	0	0
				\$0.00			
				\$0.00			
				\$0.00			
				\$0.00			
				\$0.00			
GRAND TOTAL				\$0.00			

		Recipe # / CN	Planned # /	Amount Prepared	Extra	Comments +/-,
		Label / FBG	6 Portion Size	7 (Food Used)	8 Sales	9 Wasted
Components	4 Food Items	5	6	7	8	9

Milk	1/2 pts Available		
Milk			

Vegetables/Fruits						
-------------------	--	--	--	--	--	--

Bread and Grains						
------------------	--	--	--	--	--	--

Meat/Meat Alternate						
---------------------	--	--	--	--	--	--

Other Foods						
-------------	--	--	--	--	--	--

This production plan example was provided by Hardin County Child Nutrition Program.

BREAKFAST PRODUCTION PLAN

Date	School	Menu items / Non-menu Items
Menu	Extra Sales	# Meals Served
		Students
		Adults
		Non-revenue
	TOTAL Extra Sales	TOTAL MEALS
	0	0

[illegible]

This production Plan Example was provided by Ashland Independent Child Nutrition Program

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What's *We Can?*

We Can! (Ways to Enhance Children's Activity & Nutrition) is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on *three* critical behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time.

The program is a collaboration of four Institutes of the National Institutes of Health (NIH): the [National Heart, Lung, and Blood Institute](#) (NHLBI), the [National Institute of Diabetes and Digestive and Kidney Diseases](#) (NIDDK), the [National Institute of Child Health and Human Development](#) (NICHD) and the [National Cancer Institute](#) (NCI).

[LIVE IT](#)

Make smart food choices and stay physically active. Discover simple ways you can help your family adopt healthy habits.

An orange rectangular button with a white icon of a person with a plus sign and the text "Live It" in white.

LEARN IT

Explore resources to help you understand how good nutrition and physical activity can improve your child's health.

An orange rectangular button with a white icon of a person with a plus sign and the text "Learn It" in white.

It's called portion distortion; the "super size" age has distorted what we perceive as a normal portion. Find out how to judge portion sizes and servings to better control what you and your family are eating.

more about [portion control](#)



Turn family time into active time. **We Can!** has a host of fun activities that families can do together to increase their physical activity.

more about [parent/child activities](#)



Find out if there is an event or program in your neighborhood. Learn what organizations around the county are doing to get children active and eating right. Join the **We Can!** movement!

more about [getting involved](#)



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